



*Montgomery County, Maryland
Department of Health and Human Services
Aging and Disability Services*



COMMISSION ON AGING ANNUAL REPORT 2002-2003

Letter of Transmittal to County Executive Douglas M. Duncan and County Council President Michael L. Subin

December 1, 2003

Dear Sirs:

On behalf of the Commission on Aging, I am pleased to submit this report of the Commission's goals, objectives and activities for the years 2002 and 2003. During this period, in keeping with its mandate, the Commission has provided substantive advice to the Departments of Health and Human Services, Public Libraries, Recreation, Housing and Community Affairs and the Housing Opportunities Commission to promote the development of policies and programs that are responsive to the needs of the county's older residents.

State and county budget deficits in the past two years have resulted in program reductions and difficult choices for elected officials. Unfortunately, these circumstances are expected to continue for years to come. State and county programs that enable seniors to live in dignity and safety in the community have not been spared. At the state level, the Medicaid Waiver program for home and community based care has closed intake and its waiting list for future participants. State funds for the local Senior Care Program have been cut 33%. Also, state subsidy funds to assist low income seniors to pay for assisted living in group homes have been reduced. County programs that provide personal care, chore services, and transportation have sustained substantial budget cuts as well.

Looking ahead, it is clear that in the coming decade the number of seniors in the county will increase significantly, especially the number in need with income, language and cultural barriers to accessing services. Given the challenge of reduced resources, increases in and major demographic shifts in the senior population, an action plan for seniors must be developed. This plan would focus on assuring that all county seniors have access to services that: meet basic needs; optimize the prevention of physical and mental disability, maximize independence for the frail and disabled and promote social and civic engagement.

I and the members of the Commission on Aging are honored to have had the privilege of working with you to improve the quality of life for the over 130,000 Montgomery County seniors who are age 60 and older.

COMMISSION MEMBERS 2002-2003

OFFICERS 2002

Louis Nunez, Chair
Ken Ferguson, 1st Vice Chair
Alidz Khachaturian, 2nd Vice Chair
Miriam Brewer, Treasurer, Jan-April
Hal Wallach, Treasurer May -Dec.
Jane Sahmel, Secretary

OFFICERS 2003

Louis Nunez, Chair
Alidz Khachaturian, 1st Vice Chair
Hal Wallach, 2nd Vice Chair
Sam Kramer, Treasurer
Jane Sahmel, Secretary

LIAISONS

Keith Fleeman, MCDPL
John Vass, HOC
Linda Whitcomb* DPWT
Linda Yost-MCRD June 2003
Pat Streeter MCRD Sept-Dec 2003

COMMITTEE CHAIRS

Betty Miller, Public Policy
Alidz Khachaturian, Access to Health Care
Sonia Levin, Public Communications
Irving Lipskind* Senior Serv. Oversight
Les Trachtman** Senior Serv. Oversight

MEMBERS

Leonard Burchman
Cynthia Cohen*
Jodie Fine
Austin Heyman
Elaine Hoover
Tien Hsieh
Barbara Glaser**
John J. Kenney, Exec. Liaison
Diana Lawry*
Elizabeth Layton
Suzy Leahigh
Andrea Lev
Sonia Levin
Irving Lipskind*
Betty Miller
Bill Oley
David Richman**
Goldie Rivkin
Stuart Rosenthal
Susan Smith**
Harold Wallach
George Yu

STAFF

Meg Campbell-Kotler,
Program Manager
Susan Keane
Office Services Coordinator

* = 2002

**=2003



HISTORY AND MANDATE

The Commission on Aging, established in 1967, operated under the auspices of the County Council until August 1974, when its operation was transferred to the Executive Branch. Chapter 27, Article III of the Montgomery County Code establishes the powers and duties of the Commission on Aging. Section 27-34 states, "It is hereby declared to be the public policy of the county to promote and initiate programs to improve conditions of the aging or elderly in the county; to work toward elimination of restrictions which impede older citizens from full participation in the mainstream of community life; and to assist and stimulate all levels of government and the community to be more responsive to the needs of the county's older citizens." The Commission on Aging has a duty to advise and counsel the residents of the county, the County Council, the County Executive and the various departments of county, state and federal government on matters involving the needs of the aging...



The Commission on Aging is the advisory council to the Area Agency on Aging as required by the federal Older Americans Act. In this capacity, the Commission advises the agency relative to: developing and administering the Area Plan, conducting public hearings, representing the interests of older persons and reviewing and commenting on all community policies, programs and actions with the intent of assuring maximum coordination and responsiveness to older persons.

MEMBERSHIP

The Commission on Aging consists of no less than 18 members appointed by the County Executive, subject to confirmation by the County Council. There are currently 24 members of the Commission.

Members must be county residents of whom a majority shall be residents age 60 and older. Members include those who participate or who are eligible to participate in programs under the Older Americans Act, local elected officials or their designees, individuals who are or who have been active in government, business, industry, labor, community service, religious, social services, education, the professions and representatives of major organizations or agencies concerned with the problems of aging.

MEETINGS



Meetings are held on the fourth Thursday of the month at 9:00 a.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, Maryland. The Annual Meeting of the Commission is held in May for the purpose of setting goals for the year's activities. The full Commission does not meet in July and August; however the Commission's committees meet year round. The November and December meetings are held on the third Thursday of the month to accommodate the holidays.

COMMITTEES

PUBLIC POLICY develops budget and legislative priorities for the Commission, and advises elected and appointed officials on the design and development of policies, programs and services for older adults.

SENIOR SERVICES OVERSIGHT COMMITTEE reviews current County programs for older adults, assessing their capacity and quality. This committee has a special interest in the quality of care in nursing homes and assisted living facilities in the county.

PUBLIC COMMUNICATIONS produces *Seniors Today* a monthly cable program aired on County Cable Montgomery, Channel 6.

ACCESS TO HEALTH CARE seeks to identify the barriers faced by low-income older adults in accessing health care.

EXECUTIVE COMMITTEE comprised of the Commission's officers and committee chairs, directs the work of the Commission and coordinates the activities of the committees.

INFORMATION EXCHANGE

To remain current on data, issues and trends of concern to the senior population and to assist the members in formulating policy recommendations, the Commission solicits advice from a variety of sources. In 2002-2003, the Commission met with twenty-six professionals representing seven priority areas. The Commission on Aging utilized these opportunities to obtain technical program information as well as to be informed of current research and trends in the field of aging.

HEALTH/MENTAL HEALTH

- Lynn Frank, Chief of Public Health Services
Communicable Disease and the County's Response to the Anthrax Threat
- Leon Smith, President, Washington Group for the Hard of Hearing
Access to Hearing Aid Devices
- Steve Galen, Executive Director, Primary Care Coalition
Use of Voluntary Clinics by Seniors
- Peggy Bradley, Clinical Director, Adult Mental Health and Substance Abuse Services
Status of the Mental Health System in Montgomery County
- Sybil Greenhut, Manager, Senior Mental Health Programs
Update on Senior Mental Health Services
- Leta Blank, Director, Senior Health Insurance Program
Access to Prescription Drugs by Seniors
- Marilyn Mower, Director, Senior Nutrition Program
Update on the expanded Meals on Wheels Program
- Kathy Lyter, Manager, Dental Program, PHS; Lynn Frank, Chief, Public Health Services and Deborah Christner, Manager, Aging and Disability Services
Status of the Senior Dental Program
- Elizabeth Boehner, Director, Area Agency on Aging, DHHS
Overview of the Medicaid Waiver for Home and Community Based Services



PUBLIC POLICY

- The Honorable Steven Silverman, President of the County Council
Senior Issues of Concern to the Council
- William F. Benson, Benson Consulting Group
Promoting Vital Aging

- Jean W. Roesser, Secretary, Maryland Department of Aging
Meeting the Needs of Older Marylanders
- Laura Feldman, National Committee to Preserve Social Security and Medicare
Effective Advocacy on Senior Issues
- Charles L. Short, Director, Department of Health and Human Services
- Sue Ward, Director of Grassroots Organization, National Committee to Preserve Social Security and Medicare
Federal Programs for Seniors – Funding Outlook

RECREATION

- Greg Bayor, Director, Department of Recreation
Senior Program Space in New Community Centers
- Jeffrey Bourne and Linda Yost, Department of Recreation
Senior Space in New Community Centers

HOUSING

- Joy Flood, Assistant Director for Rental Assistance, HOC
Section 8 Vouchers
- Sally Roman, Research Supervisor, MNCPPC
The Special Exception for Senior and Disabled Housing



FIRE AND RESCUE

- Scott Stokes, Department of Fire and Rescue
Educating the Community to Use the “File of Life”

LONG TERM CARE

- Bill Bechill, Chair, Maryland Commission on Aging
Task Force on Quality of Care in Nursing Homes
Follow-up on Recommendations
- Eileen Erben, Alzheimer's Association, National Capital Chapter
Status of Montgomery County residents with Alzheimer's disease.

VOLUNTEERISM/OUTREACH

- Ann Evans, Director RSVP
Montgomery County's Citizen Corps Council
- Lexi McKenzie, Public Relations Director, Asbury Methodist Village
Seniors Today Outreach

BUDGET PRIORITIES

Establishing budget priorities for County senior services is an annual activity of the Commission. Priorities are developed in consultation with staff from appropriate County Departments, nonprofit agencies, representatives of ethnic/cultural/language minority groups and senior advocacy organizations.



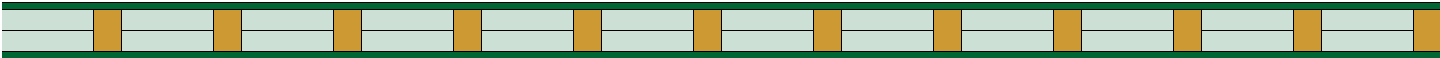
The following is a summary of the Commission's Budget Priorities for FY03 and FY04. The Montgomery County fiscal year is July 1—June 30.

BUDGET PRIORITIES

FY03 BUDGET PRIORITIES

CIP ITEM – COMMUNITY CENTER CONSTRUCTION – \$2.2M PER CENTER -To amend the program of requirements for all approved community center projects to provide 11,000 sq. ft. for senior use. Four community centers, Mid County, North Bethesda, North Potomac and White Oak, have been approved for construction over the next ten years. Additional space for senior use has the following benefits: 1) It improves access to high quality senior programs by placing them in more locations. 2) It increases the service capacity of a facility by reducing the existing practice of senior program displacement to meet the need for space for summer and school break camps. 3) It makes possible an actual response in the next decade to the needs of a growing senior population. While funds were not appropriated in FY03, both the County Executive and the County Council are committed to the provision of dedicated space for senior use in the construction of new community centers.





SENIOR CENTER TRANSPORTATION - \$187,000 – To provide transportation to a senior center for seniors living in unserved and underserved priority regions of the County. Bethesda, North Bethesda, Chevy Chase, Garrett Park, and portions of Kensington and Wheaton have no transportation to a senior center. These communities have some of the highest concentrations of seniors in the county. Silver Spring and Germantown cannot meet all the requests for transportation to a senior center. The County Council funded this request at \$66,000.

SENIORS ARE A RESOURCE - \$66,400 - To add a Program Manager to the staff of the Volunteer Center to engage in a targeted outreach effort to attract senior volunteers in critical areas of need such as mentoring students, grocery shopping for the homebound and escorted transportation. Outreach is important because seniors are four times more likely to volunteer if they are asked. However, a study by the Independent Sector, *America's Senior Volunteers*, found that less than one-third of all seniors over 65 are asked to volunteer. This request was not funded.

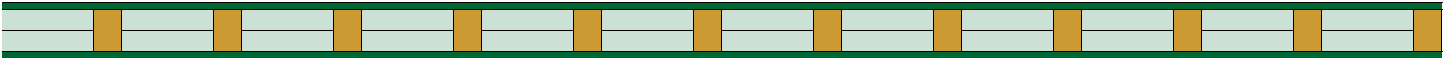
INCREASING ACCESS TO INFORMATION ON AGING AND DISABILITIES

\$40,000 – To strengthen the role of the libraries in providing information on a wide range of issues related to aging and disability. This request was not funded, however, training for library information staff on aging topics was initiated November, 2003.

FY04 BUDGET PRIORITIES

SENIOR CENTER TRANSPORTATION - \$138,000 was requested to assure that seniors have access to transportation to a senior center or senior program regardless of where they reside in Montgomery County. Increased service is requested for the following sites/areas of the County: Germantown, Fairland, Margaret Schweinhaut, North Bethesda, Downtown Bethesda, and Gaithersburg. Additional bus service to allow all senior programs to offer one 4-6 hour cultural/recreational trip each month was requested. This program had a \$65,000 budget reduction in FY04.





SENIOR VOLUNTEERS ARE A COUNTY RESOURCE - \$60,000 was requested to conduct an aggressive outreach effort to enlist seniors as volunteers to participate in community service that would enhance and augment established Montgomery County programs. The request was not funded

THE INDEPENDENT TRANSPORTATION NETWORK – ITN™

FY03 - \$100,000; FY04 – \$400,000. An FY03 supplemental appropriation was requested to hire a project manager to test the assumptions of the preliminary feasibility study and to design a pilot of the ITN in one portion of the county. In FY04, \$400,000 was requested to begin implementation of the ITN pilot. This project was not funded.

COMMUNITY SUPPORT FOR THE FRAIL ELDERLY – \$645,130

Chore Services - \$170,000 was requested to enable the chore services program to serve 50 additional frail seniors and disabled adults and add a part-time merit position to administer the program and serve as the contact/case manager for 100 ongoing clients. This program had a \$100,000 budget reduction in FY04



In Home Aide Services - \$275,730 was requested to provide in-home aide services for 60 frail seniors and disabled adults. This program had a \$200,000 budget reduction in FY04

Prescription Medications - \$70,000 was requested to enable 34 low income seniors, on the Senior Care waiting list, to purchase the medication they need. This request was not funded.

Adult Day Services - \$129,400 was requested to enable 20 frail seniors to attend an Adult Day Program twice a week and to raise the subsidy rate from \$56 to \$60 per day for all program participants. This request was not funded



SUMMARY OF ACTIVITIES 2002-2003

ADVOCACY



LOCAL ISSUES

CONSUMER PROTECTION AND QUALITY OF CARE IN ASSISTED LIVING FACILITIES AND NURSING HOMES

The Commission, in cooperation with the Departments of Health and Human Services and Housing and Community Affairs, published “A Consumer Guide to Assisted Living in Montgomery County”. The guide provides an orientation to assisted living levels of care, emphasizes the importance of the contract and provides a check list for use when selecting an assisted living facility.

Through the joint advocacy of the Commission on Aging and the Commission on Health, three nurse surveyor positions were added to the Licensing and Regulatory unit of DHHS for the inspection of large assisted living facilities i.e. those with 17 or more residents.

The regulations governing assisted living facilities are under review by the Maryland State Office of Health Care Quality. The Commission has recommended that a training requirement for the assisted living manager and delegating registered nurse be added to the regulations.

Bill No. 35-02- - Family Councils – established additional requirements for the effective operation of resident and family councils at nursing homes or assisted living facilities by providing for a deadline for the facility to respond to grievances or comments of a family council and requiring that new and prospective residents and their representatives be informed about the existence and operation of a family council at the facility. The Commission testified in support of this bill which was approved by the Council on November 26, 2002.

AFFORDABLE HOUSING

The Commission advocates for the construction of more assisted living facilities for moderate and low income seniors. The county has a healthy supply of assisted living units for its upper income senior residents but less than 300 assisted living units for moderate and low income seniors. The Commission supports the recommendation in the **County's Housing Policy** for the annual construction of 250 units of independent and assisted living units for seniors. The Commission also supports the findings of **The Report on the Need for Housing for Older Adults in Montgomery County** that found gaps in the supply of affordable senior housing, including a limited number of assisted living units for low-income households and little middle-income senior housing. The construction of an additional 50-100 units a year for the next ten years targeted to these underserved senior groups is recommended by this report.



Moderately Priced Dwelling Units – the Commission on Aging was among the first groups to question the practice of allowing builders to buy out of their requirement to build MPDUs for \$21,000 per unit. The Commission is on record strongly urging that this price and practice be re-evaluated.

TRANSPORTATION

The Commission participated in the Office of Legislative Oversight review of Transportation Services for Seniors and People with Disabilities. The chair testified in support of its recommendations for further assessment of the transportation needs of seniors, the need to establish a “one-stop” transportation information center and updating the functions and membership of the Paratransit Management Team.



The Commission on Aging took the following positions regarding proposed fare increases: The Commission opposed a proposed MetroAccess fare increase that would have raised the cost of a one way trip from \$2.20 to a maximum \$7.70. On a proposed taxi fare rate increase, the Commission sought protection from this rate increase for low-income elderly users of the Call'N'Ride Program .

COMMUNITY CENTER CONSTRUCTION

Providing adequate services for senior citizens is among the most significant quality of life issues facing Montgomery County. Adequate facilities, designed to respond to the needs and interests of a rapidly expanding cohort of active seniors, are needed. However, there has been much debate and discussion on whether these facilities should be community centers designed to accommodate all age groups or facilities designed specifically for the use of senior citizens. Four community centers, Mid County, North Bethesda, North Potomac and White Oak, have been approved for construction. Current community center design includes the use of activity zones to separate active noisy programs from passive, quiet activity. Maintaining a suitable environment when a facility is simultaneously programmed for senior, adult and/or youth activities is a challenge that can best be met by amending the program of requirement for community center construction to provide space dedicated for senior use on weekdays between 9 a.m.-3 p.m. The Commission has worked closely with representatives from the Department of Recreation to develop a revised program of requirements for community centers.



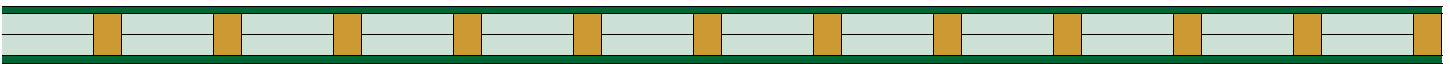
state issues

FINANCIAL EXPLOITATION

In 2002, H.B. 559 Crimes – Vulnerable Adult-Exploitation Prohibited was passed and signed into law. This legislation, introduced by Delegate Adrienne Mandel at the request of the Commission on Aging, provides that a person may not knowingly and willfully obtain by deception, intimidation or undue influence, property of an individual that the person knows or reasonably should know is a vulnerable adult. When the involved property is valued at \$500 or more the person is guilty of a felony, is subject to imprisonment for up to 15 years or a fine not exceeding \$10,000 or both and must restore the property taken or its value. If the property taken is valued at less than \$500 the person is guilty of a misdemeanor, is subject to imprisonment not to exceed 18 months or a fine not exceeding \$500 or both and shall restore the property taken or its value.

LONG TERM CARE

The Maryland Medicaid Waiver for Home and Community Based Services.–In the 2003 session, the Commission testified before the Budget Committees of the House and Senate in support of maintaining the Medicaid waiver implementation plan. This plan called for funds to permit 1,000 more persons, state-wide, to receive waiver services in FY04. The General Assembly reduced this number to 500. However, due to



the state budget deficit, as of May 1, 2003 no new applications for the Older Adults Waiver are being accepted. Individuals who had received a signed application prior to May 1st would continue to be processed. As of that date there were 294 Montgomery County residents with applications being processed. As of September 1 the county had 328 persons receiving waiver services with 20 more approvals expected. Persons in institutions who have had their services paid by Medicaid for at least 30 days may continue to apply for waiver services.

CARE FIRST BLUE CROSS BLUE SHIELD

The Commission on Aging actively opposed the conversion of CareFirst from its non-profit status to becoming a for-profit provider of health insurance. Commission members were successful in obtaining the involvement of the County Executive, County Council and met with leaders of Montgomery County's House and Senate delegations to urge them to oppose the sale. The Chair testified at the Insurance Commissioner's Montgomery County public hearing on the sale. In March 2003, the Insurance Commissioner rejected CareFirst's proposal to convert to for-profit status and merge with Wellpoint Health Networks.

SENIOR TRANSPORTATION

The Commission supported HB758 – Transportation – Maryland Senior Rides Demonstration Program. This bill would have established a grant program within the Maryland Transit Administration to fund up to four senior transportation demonstration projects across the State. This bill failed in committee.

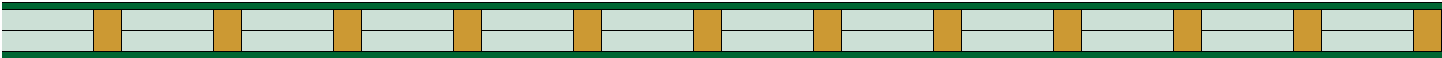


EMERGING ISSUES

STATE AND COUNTY BUDGET REDUCTIONS

In FY03 and FY04 programs providing supportive services for seniors in the community saw reductions in their budgets. The waiting list information provided reflects only the first quarter of FY04. These numbers are expected to increase.

Senior Care - This program provides funds for adult day care, prescription medications, personal necessities etc., for low income seniors. At the end of September there were 91 seniors on the waiting list for service. Montgomery County lost \$197,000 in state funds for this program.



Medicaid Waiver for Home and Community Based Services - The state froze enrollment at the FY03 level. This program enables Medicaid to pay for community and home based services for nursing home Medicaid eligible adults age 50 and older. At the end of September 2003, 300 Montgomery County residents are on the waiting list.

Chore Services lost \$100,000 in County funds leaving a budget of \$50,000. This program provides in home services such as laundry, housekeeping, shopping and escort services for low-income frail elderly. At the end of September 2003 there were 50 seniors on the waiting list.

In-Home Aide Services lost \$200,000 in County funds. This program provides assistance with bathing and personal care as well as shopping, laundry and housekeeping. There are 28 seniors on the waiting list for this program.

Senior Center Transportation lost \$65,000 in County funds. These funds enable seniors, who do not drive, to go to a senior center for a hot meal, socialization, education and health services.

Senior Program Staff - 2 Recreation Specialist positions in the Senior Programs unit of the Department of Recreation were eliminated.

Senior Health Insurance Program lost \$26,700 in County funds and \$7,300 in federal funds, reducing the program's capacity to educate and counsel seniors on health and long term care insurance.

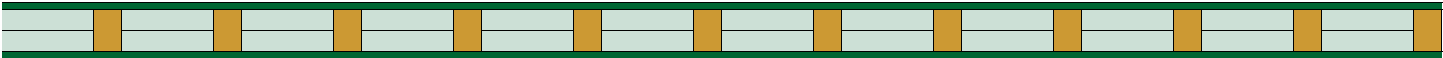
PUBLIC HEARING - 2004-2007 AREA PLAN



The Commission sponsored a public hearing on Aging Services in Montgomery County on May 14, 2003. The hearing was attended by 50 people including senior citizens, non-profit providers of services for older adults and advocacy groups. Testimony was offered by five seniors and seven organizations on the following topics:

Home and Community Based Long Term Care

Disabled older adults are living longer but the intensity of care they need in order to live safely in the community is increasing as well. There is a widening gap between the growing number of seniors in need and the amount of service that is available to help.



Montgomery County had 14,000 residents with Alzheimer's Disease in 2000. 70% are cared for at home by family members. Family caregivers need respite services, financial assistance to pay for adult day care or in-home aide services and escorted transportation. More health professionals need training in the management of the individual with dementia.

Frail seniors with mobility impairments cannot safely age in place without the reliable delivery of groceries.

Transportation

Driving is essential for seniors to be able to function independently in Montgomery County. There are few alternatives when a senior can no longer drive.

Seniors need more information and transportation options as well as financial assistance to pay for transportation.

Short trips for educational and cultural programs organized by the Senior Programs in the Department of Recreation are not a luxury. Even in affluent parts of the County, widows living alone, who do not drive, depend on these trips to remain connected to the outer world.

MetroAccess users continue to have long waits for service and vehicles that never show up.



Health

Hearing impaired older adults experience barriers to full participation at senior centers because most centers do not have adequate assisted listening devices. Two senior centers have no sound equipment, one center has a 25 year old public address system and another has an obsolete portable audio loop system.

The average Montgomery County senior on Medicare spends more than \$2,500 annually for a Medigap policy that does not provide a prescription drug benefit.

Housing

Moderate income seniors on fixed incomes renting apartments in Silver Spring are being squeezed by rapidly increasing rents.

HOW TO CONTACT YOUR LOCAL OFFICIALS

The County Executive can be reached at the
Executive Office Building
101 Monroe St. 2nd floor
Rockville, MD 20850
240-777-2500
Fax: 240-777-251

The County Council can be reached at
100 Maryland Avenue
Rockville, MD 20850
240-777-7900
Fax: 240-777-7888
Councilmember@montgomerycountymd.gov

COUNTY EXECUTIVE DOUGLAS M. DUNCAN



**AT LARGE
MICHAEL SUBIN
COUNCIL PRESIDENT**



**AT LARGE
STEVEN SILVERMAN
COUNCIL VICE PRESIDENT**



**DISTRICT 1
HOWARD DENIS**



**DISTRICT 2
MIKE KNAPP**



**DISTRICT 3
PHIL ANDREWS**



**DISTRICT 4
MARILYN PRAISNER**



**DISTRICT 5
TOM PEREZ**



**AT LARGE
NANCY FLOREEN**

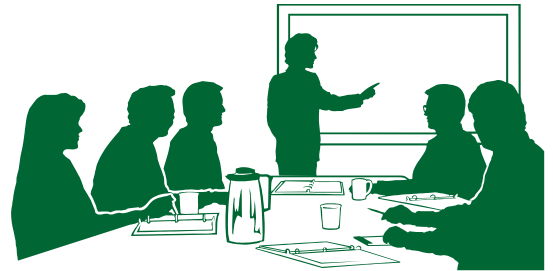


**AT LARGE
GEORGE LEVENTHAL**

LIAISON ACTIVITIES

Members of the Commission on Aging serve as liaisons to the following groups:

- **Pedestrian and Traffic Safety Advisory Committee**
Goldie Rivkin
- **Consumer Advisory Committee to the In-Home Aide Services Program**
Andrea Lev
- **Interages**
Austin Heyman
- **Maryland Caregivers Support Coordinating Council**
Alidz Khachaturian
- **Paratransit Management Team**
Elizabeth Layton, Louis Nunez
- **Public Guardianship Review Board**
Jane Sahmel
- **Recreation Department Advisory Board**
Ken Ferguson/Suzy Leahigh
- **State's Attorney Task Force on Elder Abuse**
Leonard Burchman
- **United Seniors of Maryland**
Betty Miller
- **Vital Living Montgomery Steering Committee**
Austin Heyman, Stuart Rosenthal, Les Trachtman



Outreach

"Seniors Today" is a monthly cable television program produced by the Commission on Aging and sponsored by the Montgomery County Office of Public Information and the Department of Health and Human Services. It is aired daily on County Cable Montgomery Channel 6. Shows cover topics such as: Senior Transportation, Housing, Computer Literacy, Senior Vital Living, Nursing Homes, Prescription Drugs Medicare/Medicaid, interviews with County officials and Seniors who are making a difference.

Sunday 3:30 p.m.

Thursday 12:30 p.m.

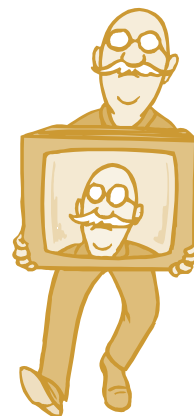
Monday 9:30 a.m.

Friday 7:30 p.m.

Tuesday 1:30 p.m.,

Saturday 11:30 a.m.

Wednesday 8:30 p.m.



Senior vital living montgomery

SENIOR VITAL LIVING

Supporting the independence of Seniors

What is Senior Vital Living and Why is it Important to You?

Finding a new direction, learning about all the possibilities, using your experience and knowledge and continuing to learn and grow are key elements of the Vital Living philosophy.

Your guide to senior employment, volunteer and life long learning opportunities can be found at www.montgomerycountymd.gov. Click on Residents, click on Aging Services and scroll down to Senior Vital Living Montgomery

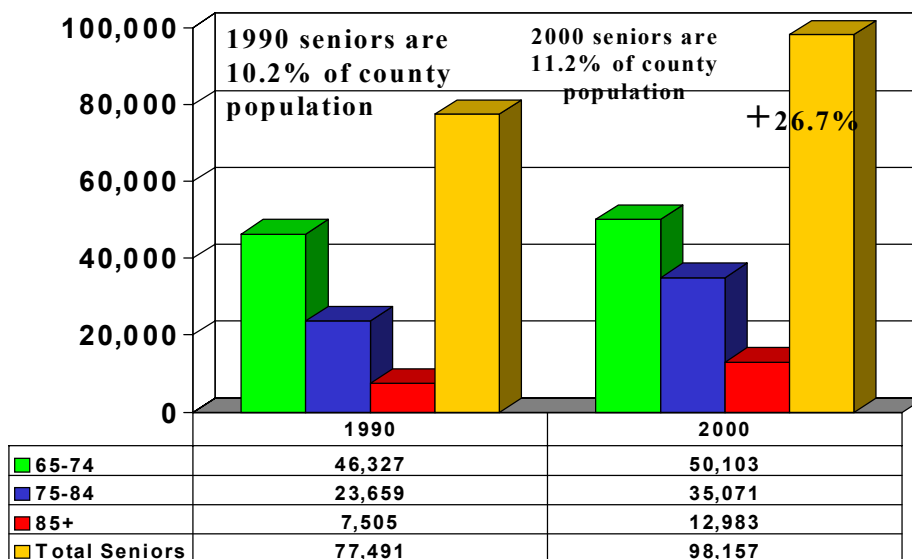
web sites of Interest to seniors

- Montgomery County www.montgomerycountymd.gov
- Montgomery County Aging and Disability Services
www.montgomerycountymd.gov (Click on **Residents** then click on **Aging Services**)
- Department of Public Libraries www.montgomerycountymd.gov/library
- Maryland Dept. of Aging www.mdoa.state.md.us
- Maryland General Assembly www.mlis.state.md.us
- Medicare www.medicare.gov
- Social Security www.socialsecurity.gov
- U.S. Administration on Aging www.aoa.gov
- AARP www.aarp.org
- National Council on Aging www.ncoa.org
- Centers for Disease Control www.cdc.gov
- Minnesota Vital Aging Network www.van.umn.edu
- Novartis Health and Age Center www.healthandage.com
- First Gov for Seniors - www.seniors.gov
- Medlineplus - www.medlineplus.gov

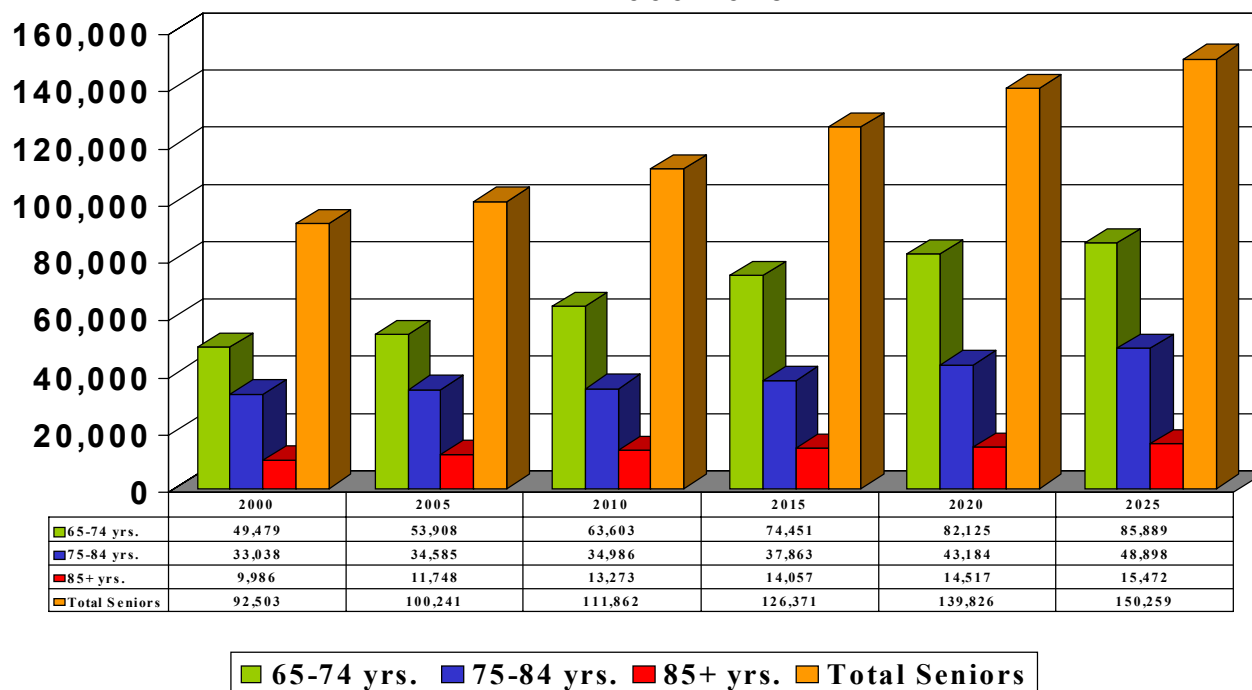


SELECTED STATISTICS

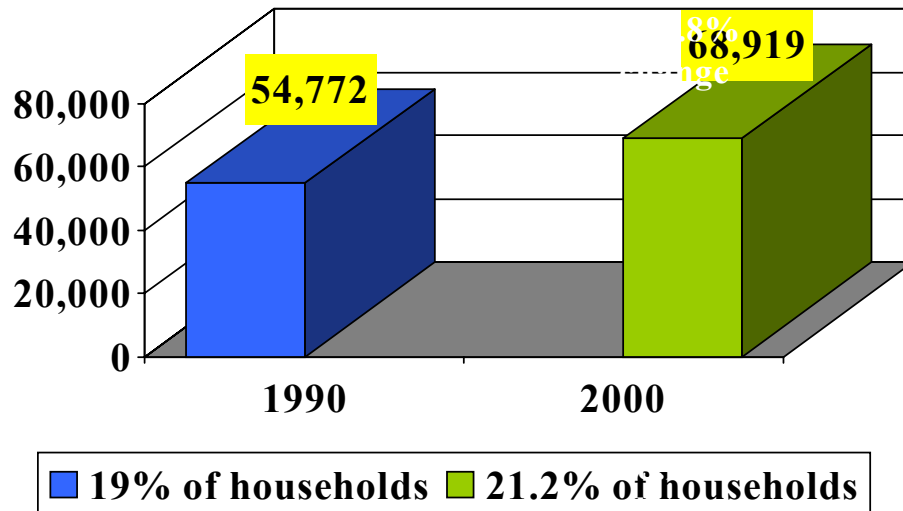
**Montgomery County Senior Population
Percent Change 1990-2000**



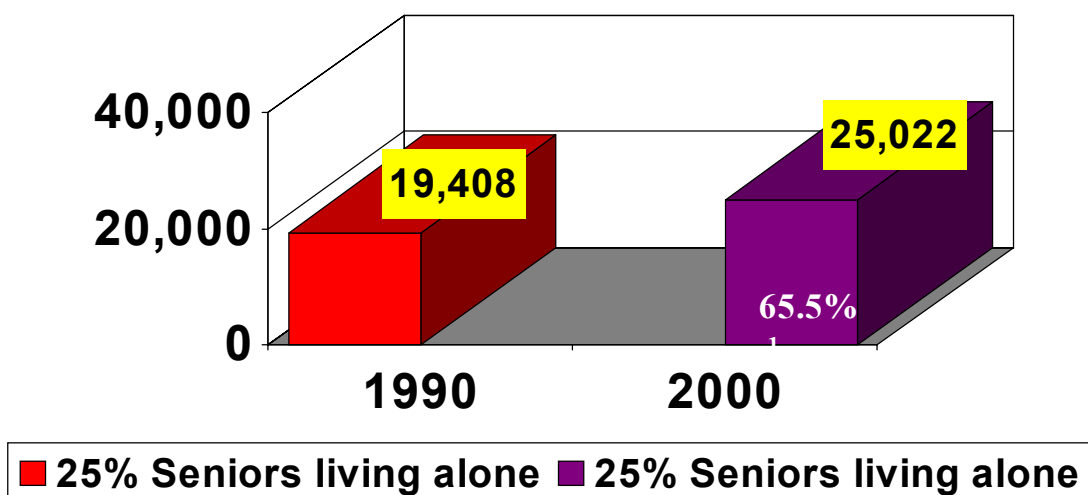
**Montgomery County Projected Population for
Senior Citizens Age 65-85+
2000-2025**



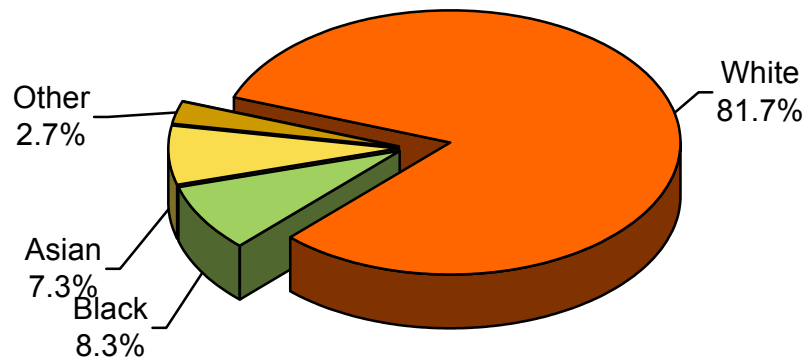
Households with Persons 65+



Seniors Living Alone

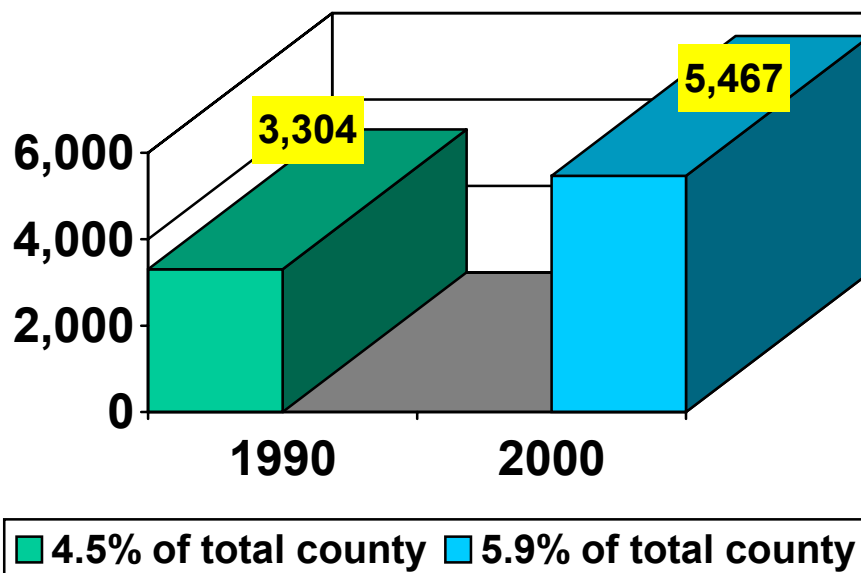


Ethnic Diversity of Montgomery County Seniors



Hispanic origin can be of any race
An estimated 3,800 seniors are
of Hispanic background

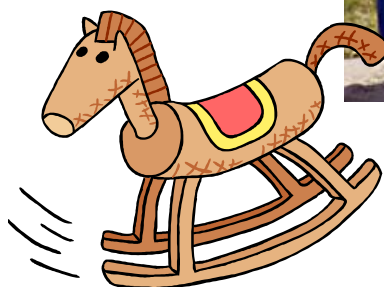
Seniors Living in Poverty



GRANDPARENTS



15,301 Montgomery County grandparents live with their own grandchildren under 18 years.



4,100 of these grandparents are responsible for the care and upbringing of their grandchildren.



Important contact information

COMMISSION ON AGING

MONTGOMERY COUNTY

DEPARTMENT OF HEALTH AND HUMAN SERVICES

AGING AND DISABILITY SERVICES

401 HUNGERFORD DRIVE, 4TH FLOOR

ROCKVILLE, MD 20850

240-777-1120 (VOICE)

240-777-1236 (TTY)

240-777-1436 (FAX)

LANGUAGE TRANSLATION AND ALTERNATIVE FORMATS
OF THIS REPORT ARE AVAILABLE UPON REQUEST.

Senior Services are available in
Montgomery County through the

SENIOR SERVICES

INFOLINE

240-777-3000

VISIT OUR WEBSITE AT

WWW.MONTGOMERYCOUNTYMD.GOV

